

Learning Styles

Think about how you like to learn.

Circle the option, **V**, **Vr**, **A**, or **K** that best relates to you most of the time.
You may choose more than one option. Your first reaction is usually the best.

1. *I 'take in' new information best when:*

- V** I can see information in picture or diagram form
- Vr** I read the written instructions
- A** Someone talks or explains to me
- K** I can get hands - on experience

2. *When I am giving directions, I usually:*

- V** Draw a map
- Vr** Write down the directions
- A** Tell them how to get there
- K** Take the person and show them the way

3. *I remember directions best when:*

- V** Someone gives landmarks to guide me
- Vr** I write them down
- A** I have oral directions and repeat them aloud
- K** I have been taken through the route once

4. *When I am not sure how to spell a word, I often:*

- V** See the word in my mind and 'see' how to spell it
- Vr** Look it up in the dictionary
- A** Sound the word out in my mind or aloud
- K** Write down different ways of spelling the word

5. *To remember and recall an event, I would want to:*

- V** See pictures
- Vr** Read a description
- A** Tell it aloud to someone
- K** Replay it through movement - acting, pantomime or drill

6. *I seem to remember objects better if:*

- V** I can see a picture, a pattern
- Vr** I have read about it
- A** I create jingles or rhymes
- K** I have touched or worked with them

7. When using a new piece of equipment, ie. computer, camera, I would:

- V** Follow the diagrams in the instruction book
- Vr** Read the directions that come with it
- A** Ask someone to 'talk 'me through it
- K** Jump right in and figure it out

8. I enjoy:

- V** Making or viewing slides, photographs
- Vr** Reading about things that interest me
- A** Reciting or writing poetry
- K** Working with my hands, repairing and building things

9. I prefer to find out about something new by:

- V** Seeing pictures, diagrams about it
- Vr** Reading about it, finding a website
- A** Talking about it
- K** Doing it

10. I prefer a teacher who uses:

- V** Charts, diagrams, graphs
- Vr** Handouts, books, readings
- A** Discussion, guest speakers
- K** demonstrations, practical sessions

Total your responses:

- V**isual _____ (prefer to take in information by seeing)
- Vr**eading _____ (prefer to take in information by reading, writing)
- A**uditory _____ (prefer to take in information by listening, talking)
- K**inesthetic _____ (prefer to take in information by doing, practicing)

The highest score represents your greatest strength.

If scores are tied, or close you may have strengths in several areas and can 'play' with different strategies to see what works best for different types of learning.

It is important to remember that we utilize all four modalities.

Knowing our area(s) of greatest strength gives us a starting point.

For example, if you have a visual preference, find a picture, diagram or chart; for Vreading preference try to begin by reading material or instructions. You will then be more successful in listening / discussing (auditory) and applying (kinesthetic) new learning.

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Learning Styles: Personal Qualities

Read the descriptions below. You will identify with parts of all four.

People with Visual Preferences:

- Like to arrange their space and their work; remember what they see rather than what they hear, forget to relay verbal messages
- Need to see the 'whole picture' before they have a clear idea
- Respond to colour, art, mapping; may know what to say but have difficulty coming up with the right words
- Like to have a plan, good organizers, would rather show you than tell you
- Are often good spellers, usually need to have verbal instructions repeated

People with Visual Reading Preferences:

- Enjoy reading and would rather read than be read to
- Often reread (silently), rewrite notes, ideas; remember written directions well
- Like handouts, prefer information in words as opposed to charts, diagrams
- Like to use dictionaries, manuals, texts; visualize word spellings

People with Auditory Preferences:

- Talk to themselves; like to talk through a problem; read aloud; often move their lips and pronounce the words as they read; often repeat words to hear them
- Often good speakers; speak in rhythmic patterns; remember what they hear
- Don't visualize well; can spell better out loud; respond to patterns of sound, speech, music
- Find writing difficult; are talkative, love discussion; can find it difficult to read facial and body language

People with Kinesthetic Preferences:

- Need to move a lot; can't sit still for long periods; like to experiment and practice
- Like to touch and be physically involved with materials; memorize by walking and seeing
- May have messy handwriting; use a finger as a pointer when reading; gesture a lot
- Respond to movement, gestures, dance; want to act things out
- Have difficulty remembering a place unless they've actually been there

Which is the most like you? Is the result the same as the Inventory you completed? You decide your greatest area of strength

2 nd	_____
3 rd	_____
4 th	_____

“Knowing that there are differences goes a long way toward explaining things like why we have problems understanding and communicating with some people and not with others, and why we handle some situations more easily than others.”

From, Quantum Learning, Bobbi De Porter, with Mike Hernachi

Learning Styles: Leading With Your Strength

Identifying and understanding the order of your style preferences will help in planning and implementing your personal learning strategies. You will be able to identify and lead with your strengths, understand your reactions, and be more observant and tolerant of others' needs.

	VISUAL	VISUAL Reading	AUDITORY	KINESTHETIC
Decision Making	Create a chart of the possible alternatives	Make a list of pros and cons	Talk over options with a friend	Try out options – go with the path that seems best
Asking Directions	Prefer a map	Prefer written directions	Prefer verbal instructions	Prefer to have someone take them the 1 st time
Learning a New Skill	watch someone do it	Follow a diagram in a manual	Attend a lecture, have someone “talk” them through the steps	Try this and that until it works

Understanding your preferences means that you can ask for information and seek opportunities that will ensure optimum mastery / learning.

For a Visual Preference you like to see what you are learning:

Look for charts, diagrams, pictures; use highlighters; replace words with symbols; utilize videos, computer resources; do a demonstration rather than a speech

For a Visual Reading Preference you like to read and write about what you are learning:

Ask for handouts, readings; utilize manuals, written instructions; rewrite notes, terms multiple times; take complete lecture notes; turn pictures, diagrams into words

For an Auditory Preference you like to hear and talk about what you are learning:

attend lectures, ask for discussion time; form a study group; use rhyming to help you remember things; collect data through interviews and questionnaires, where possible

For a Kinesthetic Preference you like to do and touch what you are learning:

ask for breaks and opportunities to move physically; use games and role plays for learning and for presentations

We utilize all four but our preferences affect the order in which we best take in information and enhance our learning and mastery.

2 strategies that work for me: _____

1 new strategy I will try today: _____

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